

**45025618, BLUEBIRD GRAIN, ORGANIC WHOLE GRAIN EMMER FARRO, UPC: 000000018753**

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**Report Date: February 11, 2017 01:51 EST**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Nutrient	Unit	0.25 cup 47g	1 Value Per100 g
<b>Proximates</b>			
Energy	kcal	170	362
Protein	g	6.00	12.77
Total lipid (fat)	g	1.00	2.13
Carbohydrate, by difference	g	34.00	72.34
Fiber, total dietary	g	5.0	10.6

**Minerals**

**Vitamins**

**Lipids**

**Amino Acids**

**Other**

**Ingredients**

BLUEBIRD GRAIN ORGANIC GRAIN EMMER FARRO *Date Last Updated by Company: 06/18/2015*